The Canadian Nurse

A MONTHLY JOURNAL FOR THE NURSING PROFESSION IN CANADA

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NURSING IN PNEUMONIA.

Pneumonia is an acute disease, due, we are told, to a specific germ that invades the air cells and excites an irritation which causes an exudation into the cells from the functional capillaries; and, this exudation serving as a medium, the germs rapidly develop, multiply and generate a toxin which, being absorbed into the circulation, infects the system at large. Cell after cell and lobule after lobule is invaded and thus filled up until a greater or less area of the lung becomes completely consolidated. While due to a specific germ, certain determining and predisposing causes are recognized, although in their relation to the specific cause of the disease these are not as yet fully understood. The most common determining cause is exposure to cold, and one common predisposing cause is unsanitary living, for instance, living in dark, crowded, badly ventilated or over-heated rooms. A person once having had pneumonia is more liable to a second attack.

In undertaking a case of pneumonia the nurse must go expecting nothing less than constant vigilance and hard work.

While the ideal room for a pneumonia patient would be a large roomy one, well ventilated, and so lighted that the light comes from either side of the head of the bed and not from the foot, the private nurse in a great many cases has no choice, but is obliged to nurse her patient in a room perhaps very far from ideal. The writer retains a vivid recollection of being once called upon to nurse a case of double pneumonia, with early symptoms of heart failure, in a very small board shack in the mountains, the thermometer showing 23° below zero, and the open cracks in the walls being as numerous as boards. When not in active attendance upon her patient the nurse, uniformed in huge shawl and overshoes, got plenty of exercise cramming wood into the stove in a corner. The doctor, who made but one trip, and that before the nurse's advent, was in the city 50 miles away. The too thorough ventilation did not in this case prevent the patient getting well.

Although the nurse cannot always secure ideal environment for her patient, she can exercise her ingenuity to make it as favorable as possible. Removing superfluous articles of furniture, drapery and ornaments, renders the room less stuffy and more roomy, and,

if light and air must come in from the most undesirable side of the room, the placing of a screen will prevent the light directly striking the patient's eyes and also serve to protect from draught. One window should be kept slightly open all the time, besides which it is desirable to change the air of the room completely about every three hours, or oftener if the room be small. The best means of effecting this will depend upon the season of year, upon the situation of windows and doors in the sick-room and upon its relation to adjoining rooms or halls. If air of a lower temperature must directly enter the sick-room, precautions should be taken to protect the patient by extra covering if need be, and the use of screens which can be easily improvised for the purpose. The air of the room should, if possible, be kept at about 65° F.

The bed clothes should be such as will give sufficient warmth without too much weight. Too much covering is a mistake as it bundles up the patient, renders him more uncomfortable, and also retains the exhalations from the body. A soft flannel gown made to facilitate examinations of chest and local applications is by many considered the most desirable garment for a pneumonia patient. Gown and sheets should be changed frequently. It is advisable to protect the mattress with rubber sheeting.

While pneumonia is not readily transmitted from one person to another, the nurse must bear in mind that well-authenticated instances have proved it to be a communicable disease under very favorable conditions. All precautions consistent with full devotion to the patient's interests should be adopted. The pneumonia patient at first generally lies on his back, but is likely to change this position later to lie on affected side, this allowing him to breathe easier on account of there being thus less pressure upon the sound lung. One position may be steadily retained for a considerable time, therefore precautions must be taken to prevent trouble arising from the continued pressure.

During the fever stage of pneumonia the diet should be liquid. As a rule the chief reliance is placed upon milk, which should be peptonized if not readily digested. Beef tea or expressed beef juice may be used to relieve the monotony of an all milk diet, or perhaps one of the reputable patent food preparations may be ordered. Kumyss makes a good substitute for plain milk and is sometimes more agreeable to the patient. As the febrile condition is very unfavorable to digestion it is preferable to give the nourishment in small quantities at short intervals. Crowding nourishment upon a patient, so far from keeping up the strength, may have an exactly opposite effect and do a great deal of harm. Forty ounces of nourishment in the twenty-four hours is by many doctors considered a fair amount; however, in amount and kind of diet, the nurse will be guided by the orders of the attending physician. The patient may be given as much water as he desires.

In pneumonia the general infection is usually, though not

always, marked by a chill which in different cases may vary greatly in intensity and duration. Coincident with the chill comes the rise in temperature, the fever during the first twelve hours perhaps reaching 103° or even 105° F. The pain, which may be the very first indication of serious trouble and is usually in the region of the nipple of the affected side, may be quite severe at first, but generally diminishes as consolidation becomes more complete. The cough, an early symptom, is repressed at first on account of the severe pain it causes. The expectoration is, at first, viscid, and mixed with blood, and its color may vary from light yellow or perhaps greenish to a brown or rusty color. Occasionally, it is thin and dark colored, which is generally taken to denote a specially unfavorable condition. The extreme adhesiveness characteristic of the expectoration often calls for cloths to aid its removal and the nurse should see that plenty of clean cloths are provided. After using they should be promptly burned before they have an opportunity to dry.

The nurse should watch her patient closely, noting, not only the temperature, which usually remains more or less high until the crisis, but more particularly the character of the pulse, the respirations, the hue of the face, and the mental condition. The greatest danger may be present when the fever is moderate. The pulse, which is often full, firm and bounding at first, usually becomes more rapid and more compressible, perhaps small and thready, as the disease progresses. In different cases the pulse varies greatly in sympathy with the disturbances of the nervous system. In children it may be very high without proportionate danger. The respirations are shallow and out of all proportion to pulse and temperature, probably varying from forty to fifty or even sixty per minute if the consolidation of lung is extensive and the respiratory surface consequently much reduced. The face is generally inclined to be pale or of a dusky hue with red patches on cheeks. In severe cases the dark hue is likely to be more pronounced and the lips will take on a bluish tint. At first the skin is hot and dry. Later, there may be a tendency to perspiration which is sometimes profuse. The urine is scanty and frequently contains albumen. Delirium is frequently present. If it occurs when fever is high it is a less serious symptom than when fever is moderate as in the latter case it indicates cerebral exhaustion. A delirious pneumonia patient should be watched with the utmost vigilance, as, especially in alcoholics, the delirium may assume a sudden frenzy with an attempt to spring from bed or perhaps display violence by striking out suddenly. In this connection a rather remarkable instance comes to mind. The patient in question, a young man (not an alcoholic) suffering from a really severe attack of pneumonia, was in a public ward of a hospital—not a Canadian hospital, I may add. Some days after admission while in a high fever and delirious, during the temporary absence, about 3 a.m., of the male attendant (the sole

night nurse for the ward) this patient jumped out of bed, bolted from the ward, and succeeded in squeezing himself through a small window in an adjoining room, thus gaining the outside of the building after which, in bare feet and clad only as bed patients are customarily clad in a hospital, he ran over the snow-covered ground for a full mile, being finally, after the alarm had been sent from the hospital, found and brought back in a cab by a policeman. It was a frosty night in January and the patient was absent between one and two hours. After this feat, the writer was called to the hospital as special nurse for this patient and can therefore personally vouch for the facts stated, and also for the fact that in this particular case the patient apparently suffered no ill effects from the violent exercise and exposure. The temperature fell by crisis within twenty-four hours, the delirium left with the fever, and he made a rapid and complete recovery.

Pneumonia usually ends by crisis, when the temperature within a few hours will fall almost or quite to normal. The crisis may be looked for from the fifth to the eighth day. In some cases, instead of a crisis, there is a gradual lowering to normal. Generally, the pulse decreases in frequency with the fall of the temperature, and if it does not it may be a matter of serious import, indicating that the infection has weakened the heart muscle. Heart failure is one of the commonest and gravest dangers in pneumonia, in fact, the chief danger. If stimulants are not given regularly, as is sometimes necessary quite early in the disease, the doctor will no doubt provide or order to be kept on hand, to use if need be, the cardiac stimulants that he favors. When any grave symptoms arise the nurse should at once notify the doctor, but she should always be provided with remedies to administer until his arrival in the event of a possible emergency. Oxygen given by inhalation is a favorite remedy with many. Whisky or brandy is often freely used, generally in conjunction with other remedies, such as strychnine, nitroglycerin, digitalis, etc. The treatment of pneumonia varies considerably with different practitioners, but the nurse is simply called upon to follow faithfully the particular line of treatment ordered in each individual case. Sponge baths, cold packs, ice bags or ice poultices, hot flaxseed poultices and various other local applications are employed. The cold sponge bath for a pneumonia patient is preferably shorter than for typhoid, ten minutes being perhaps the general rule, and the best effect is probably obtained by accompanying the bath with brisk friction which stimulates the circulation in the skin and produces reaction and perspiration. To produce a similar effect with a cold pack, blankets should be placed outside the wet sheet. If hot poultices are ordered, the nurse must needs be very attentive, changing them often and with care to prevent them doing more harm than good.

In pneumonia, as in every other acute disease, the nurse should, of course, keep an accurate clearly-written record of treatment and

everything that marks the patient's progress. Temperature, pulse and respirations should be taken and recorded about every four hours, or as often as ordered. Quantity and kind of nourishment, amount of sleep, evacuation of bowels and bladder, medicines, local applications, baths and all other treatment, cough, expectoration, pain, chills, perspiration, delirium, muscular twitching or other evidence of nervous disturbance, should all be noted and recorded at the time. Delays are certainly dangerous when the keeping of an accurate chart is in question.

ANNIE E. HUTCHISON.

ORILLIA.

THE ALEXANDRA HOSPITAL, MONTREAL.

The Alexandra Hospital, Montreal, for the care of contagious diseases, is situated on Charron St., at Pointe St. Charles, about one-half mile above the Victoria Bridge. The buildings are grouped about a main axis running through the centre of the lot and distributed systematically on each side of the axis. The Administration Building occupying the centre of the group nearest the street is 72 by 40 feet, and has on the ground floor a large entrance and waiting-hall, an office and doctor's room, a dispensary, the superintendent's office, living room and linen room, the superintendent's dining room with pantry accommodation off it. The first floor is devoted to the resident physician and his assistant, the lady superintendent, the housekeeper and the night supervisor, ample sitting room, bedroom and bathroom accommodation being provided. The physician's and Lady Superintendent's quarters, at the opposite ends of the building, are each independent and shut off from the other.

In the centre of this floor are located the laboratories and microscopic research rooms. In the basement is an autopsy room and ante room with an independent outside entrance, so that these and ante-room with an independent outside entrance, so that these rooms are completely isolated from the Administration Building.

From the rear of the Administration Building leads a covered and heated corridor, that passes around the kitchen building, and gives access to three main pavilions for the treatment of measles, scarlet fever, and diphtheria. It will be noticed that the corridors for these main pavilions are double and incline up and down from the kitchen floor, which is situated at a level midway between the ground floor and first floor of the three principal buildings. The object of this is that food and other supplies may be sent up and down these inclined planes on rubber-tired waiters, providing a means of distribution that eliminates staircases, elevators or dumb-waiters. Patients also are wheeled or carried up and down these inclined planes with a minimum of labor and discomfort. The kitchen wing provides on the ground level a steward's receiving

room, refrigerator and sterilizing rooms for milk, a cook's pantry, scullery, kitchen staff dining room. In the second floor are the sleeping apartments for the servants. Coming to the scarlet fever pavilion, the largest of the group, 92 x 112 feet in size, an entrance by the corridors, and an entrance porch from the grounds is provided. Before entering the pavilion proper an examination room and a discharge room are noted, so that a patient on entering is examined by the physician in charge, and if the diagnosis of the disease is correct, the patient is passed on to the ward or private room to which he is assigned. Likewise on leaving the institution he is shown to the discharge room, where a disinfectant bath is given and a clean suit of clothing put on before leaving the hospital. The ground floor of each pavilion is for the treatment of male patients; and the first floor for females; these are identically the same in plan and accommodations.

On entering, the main ward is observed directly at the end of the corridor, a large sun parlor, 26 x 17 feet, built three sides of glass from floor to ceiling. An acute case ward, four private wards, nurses' duty rooms, ward kitchen, pantry, lavatories, bathrooms, linen closets, etc., make up the rest of this floor.

Both the diphtheria and measles pavilions are similar to the scarlet fever one, but slightly smaller. A feature of the diphtheria pavilion is a large operating room with vitreous tiled walls and floors. Sterilizers, surgeons' sinks, etc., and the most modern equipment for treatment of the throat are here.

The power house and laundries for patients and staff are situated at the extreme end of the property. The power equipment consists of a high pressure steam boiler providing power for the laundry machinery, steam for sterilizing, cooking, heating, etc., laid on to all the different buildings.

As to the construction of the building, terra cotta, steel, brick, stone and concrete are the structural materials; every provision is made to prevent lodgment of infectious material. All walls and ceilings are in hard plaster, painted and enamelled white, the only woodwork used being the sashes and doors, and these latter are of veneered hardwood, without panels or mouldings.

A supply of fresh screened and heated air is provided at each bed, also at each bed is an open dust ventilator that is aspirating, ensuring a positive up draught, both in winter and summer.

The accommodation obtained is for 125 beds, under normal conditions, while in case of an epidemic as many as 150 patients could be accommodated.

Dr. Fisher, the Medical Superintendent, and Miss Montgomery, Lady Superintendent, a graduate of Riverdale Hospital, Toronto, are much to be congratulated on the beautiful modern hospital in which their good work will now be carried on.

KATE MATHIESON.

Riverdale Hospital, Toronto.

THE TORONTO NURSES' CLUB.

On Tuesday, October 23rd, a special meeting of nurses was held in the Theatre of the Normal School, Toronto, to arrange a programme for the winter's work. The meeting was called by the committee which had been appointed in April last. There were 37 nurses present, representing some of the leading training schools of Canada and the United States. Mrs. Paffard was appointed chairman and Miss Barwick, secretary, for the meeting.

Miss Bowerman, the convener of the Committee, then read the following report.

Madame Chairman and Sister Nurses: Your committee appointed at the meeting in April and reinforced by a member from each Alumnæ Association in the city, beg leave to report as follows:—

1. We have had three meetings, held at the Hospital for Sick Children, at the kind invitation of Miss Brent, the Lady Superintendent of the Hospital.

2. We have arranged a course of lectures and entertainments for the winter months, only the final details of which have yet to be arranged. We hope that the programme as arranged will be of profit and interest to the nurses of Toronto and their friends. The first lecture is to be in November by Mrs. Scott-Raff on "Self-control." Later we have Miss Rogers on the School Nurse's work in New York. Mr. J. Ross Robertson will give a Travel Talk. An evening in the Orient and another on Settlement work in the city will bring the philanthropic side of life before us. Nursing will be remembered by Demonstrations in the Hospitals. This course differs from last year's in the use of home talent, but we hope that it will be of interest and profit to all.

As for the cost, it is proposed to charge a fee of 50 cents for the whole course, allowing outsiders the privilege of attending.

We feel that as a rule a nurse's life is too much inclined to become narrow, and that such a course as we have arranged will prove of benefit to both the nurse and her patient by broadening her outlook.

3. The Committee feel that it would be for the best interests of the nursing profession if a Toronto Chapter of the Ontario Association were formed in Toronto, since the parent society meeting but once a year gives very little opportunity for the outside nurses resident in the city to show their interest in nursing matters. Besides this, they might thus obtain representation on the Committee of the Central Registry. If this organization be decided upon we hope that it will be the eldest in a large family of similar organizations, and that through our combined efforts registration may soon be an accomplished fact.

4. The subject of a nurses' club has been discussed in the Com-

mittee and outside, and it is our opinion that the Toronto Chapter if formed could well manage this beside helping materially in other nursing reforms.

Miss Bowerman closed by a reference to Miss Haldenby, saying: "It is my painful duty to tell the nurses assembled that this morning I heard that Miss Haldenby, the representative of Grace Hospital Alumnæ on our Committee, was dying. It is probable that by this time Miss Haldenby has left the cares and worries of this world and has entered upon the fuller life above. Miss Haldenby was a graduate of 1901 from Grace Hospital, and I believe the first President of their Alumnæ Association. She always took a great interest in nursing matters. I know I but voice the sentiments of all the nurses who knew her in saying that she will be much missed. May each of us leave as kindly feelings among our associates when our work is finished here."

Considerable discussion followed the reading of this report. Some of the nurses felt that there were already enough associations to do the work, but the majority felt that the outside nurses had not enough opportunity for work. All agreed that another association with officers and constitution was not necessary, and as without the consent of the Ontario Association we ought not to form a chapter, it was finally decided to form "The Toronto Nurses' Club." Miss Brent was chosen chairman and Miss Land, 314 Markham Street, secretary. Miss Standen was added to the Programme Committee which was continued in its work for the winter.

It was decided to charge a fee of 25 cents for members of the Club. The course of lectures is to be free to undergraduates of the hospitals, cost 50 cents to graduates, and $1.00 to the public, or 25 cents for single lectures. The first and last of the course are to be more social in character and have refreshments served after the programme.

A report of the meeting was ordered to be sent to the daily papers and to THE CANADIAN NURSE.

THE HOSPITAL SUPERINTENDENTS' MEETING.

The eighth annual conference of the Association of Hospital Superintendents was held in Buffalo on September 18th to 21st inclusive, under the presidency of Mr. Geo. P. Ludlam, Superintendent of the New York Hospital, of New York City. The attendance was good. Canada was representated by hospital superintendents from the Victoria Hospital, Halifax; the Royal Victoria, Montreal; the Toronto General; the Victoria Hospital, London; the Winnipeg General, and others, as well as by Dr. R. W. Bruce Smith, Inspector of Hospitals for Ontario.

The following is a list of the topics for discussion:—

Best Medical Organization of a Hospital.
Organization and Discipline.
Appointment of Internes.
Right sort of Employees.
The Modern Hospital.
Development of a Wider National Hospital Association.
The Medical Staff and its Functions.
Comparative Advantages of Large and Small Hospitals.
Outdoor Treatment of Patients.
Open Air Work.
Provision for Outdoor Treatment, in Bellevue and Allied Hospitals.
Management of Southern Hospitals from the Race Standpoint.

Probably the most effective paper was read by a Canadian, Miss C. A. Aikens, of the Columbia Hospital, Pittsburg, on "The Development of a Wider National Association." That the Association was to an extent in sympathy with the reader of the paper was shown by the new name adopted by the Association—The American Hospital Association; and also by the adoption of a resolution admitting to membership Assistant Superintendents, Superintendents of Training Schools and hospital trustees.

Subsequent to the passing of this resolution a motion to reconsider was made with the idea of opposing the admission of any beside Assistant Superintendents. The writer left the meeting before a decision was arrived at.

Miss Aiken's paper was a strong plea for a unity of effort among those engaged in the various phases of hospital work.

The papers on Open Air Work and on Outdoor Treatment show the influence the treatment of Pulmonary Tuberculosis has had on treatment in general; the first paper presented by Dr. Washburn, of Massachusetts General Hospital, illustrated by stereopticon views and photographs, was highly instructive.

The papers and discussions will all appear in pamphlet form and (the writer believes) may be procured by applying to Dr. R. R. Ross, President-elect, Superintendent of the General Hospital, Buffalo. They are also appearing in *The National Hospital Record*, copies of which may be obtained by applying to the editor, Del. Sutton, Detroit, Michigan.

BUT as we meet and touch each day
The many travellers on our way,
Let every such brief contact be
A glorious, helpful ministry!
The contact of the soil and seed;
Each giving to the other's need—
Each helping on the other's best,
And blessing each as well as blest.

S. Coolidge.

NOTES ON NURSING AS GIVEN TO MY CLASS.

Absorbent cotton and medicated cotton and cotton batting—these are also articles that the nurses seem to think the school provides for their personal use. This is not in the Rules and Regulations. Do not use a large piece of absorbent cotton where a small piece will do. You cannot clean a typhoid patient's mouth with a great wad of absorbent cotton. I have seen a nurse put a piece of absorbent on her finger to wash a patient's mouth, that had she divided it into three would have cleansed the mouth better and the patient would feel much better and less nauseated. Then again nurses will use absorbent cotton and gauze to make pads for fomentations because it looks nicer, and many other ways too numerous to mention.

In the use of gas nurses waste hundreds of dollars of hospital money. A nurse will pass in and out of the kitchen and never notice the gas burning and will have the gas burning without any reason and say it was left burning to save matches. It is hard to believe any woman would do such things, they would not if they had to pay the bills, that is where the lack of honor comes in.

Thermometers. This is another means of appalling waste. Nurses will leave a thermometer in a sick patient's mouth when he is too sick and weak to be left with it, and if it should be broken say the patient did it, or give it to a new patient, say a foreigner, who does not understand English and leave him with it and then wonder that it got smashed, or leave the glass with the thermometer in it out of place and then think it is not their fault if it is knocked down.

Hypodermic syringes. Another great source of careless waste, but the methods and means the nurses have in this particular form of destruction, I need hardly enumerate as the care of the hypodermic syringe is spoken of daily. The careless handling of the hot water bags and ice caps is another thing that seems so hard to get the nurses to see and prevent. Some nurses think if they put a little cold water in a hot water bag and then pour boiling water in they are using common sense, never noticing that the boiling water is being poured over the neck and loosening the part the stopper screws into, from the rubber, and so I might go on if I had time.

I will only mention a few more such as soap, safety pins, tearing shirts, using hand towels and even table napkins and bureau covers I have noticed used as tea towels. Carelessness in regard to bed rings, bed rubbers, etc., that are so often sent to the laundry. All this is lack of observation, therefore lack of intelligence. If you could only see the importance of attending to these details and realize that a nurse that will be careless in these details will also be careless in the actual care of her patient. I would like you all

to think of this a bit and understand how helpless we are to teach you if you won't teach yourself, and how much depends on your keenness and interest and your wish to improve and to be a nurse. Never know better than those in authority over you, when you do, you cease to learn and may as well give it up.

Winnipeg General Hospital. FREDERICA WILSON.

(*Concluded.*)

TRAINING SCHOOLS FOR ASYLUM NURSES IN ONTARIO.

The first Training School for Asylum Nurses was instituted by Dr. C. K. Clarke, at Rockwood Hospital, Kingston, in 1887; this was one of the pioneer schools, the seventh among such schools instituted in America, McLean Hospital, Boston, being the first established, under Dr. Edward Cowles.

The Rockwood School has been most successful and has sent out graduates to responsible positions all over America.

Toronto Asylum did something some years ago, but the difficulties seemed insuperable and the movement died away. London and Brockville have instituted training schools.

Toronto Asylum School has now entered on the second year of its existence and is in a flourishing condition, the nurses in training taking the keenest interest in the course.

At Rockwood and London separate hospital buildings, well equipped, exist; at Toronto Asylum two hospital wards are fitted up and meet the requirements fairly well. At Toronto and London Asylums, too, all of the nurses come under the rule of a Head Nurse, who is a graduate of a General Hospital; this is a further development of the hospital idea. In Kingston the Government erected a beautiful Nurses' Home and the result was most gratifying; all of the Institutions require such an addition at once, as relief from the incessant noise and turmoil of the wards is most essential.

It is doubtful if a three years' course will ever be advisable in the asylum service; what is to be aimed at is a third year in a General Hospital, if possible. This subject was thoroughly discussed at a recent meeting of the Medico-Psychological Association, in Boston. Dr. Hurd, of Johns Hopkins; Dr. Cowles, of Boston, and Dr. C. K. Clarke, of Toronto, were very positive in their assertions that the really ideal nurse was one who commenced her career as a nurse in a Hospital for Insane and finished her course in a General Hospital.

It is to be hoped that Ontario will lead in making such a course easily possible, and the authorities are at present desirous of improving the position of Asylum Nurses, both in making the hours shorter, in giving better training and in other ways.

My Scallop-Shell of Quiet

GIVE me my scallop-shell of quiet,
My staff of faith to walk upon,
My scrip of joy, immortal diet,
My bottle of salvation,
My gown of glory, hope's true gage;
And thus I'll take my pilgrimage.

Blood must be my body's balmer;
No other balm will there be given;
Whilst my soul like quiet palmer
Travelleth toward the land of Heaven;
My soul will be a-dry before,
But, after, it will thirst no more.

—*Sir Walter Raleigh.*

"A LITTLE thing is a little thing,
But faithfulness in little things is a great thing."

* * * *

CERTAIN thoughts are prayers. There are moments when, whatever be the attitude of the body, the soul is on its knees.—*Victor Hugo.*

* * * *

WHETHER any particular day shall bring to you more of happiness or of suffering is largely beyond your power to determine. Whether each day of your life shall give happiness or suffering rests with yourself.—*G. S. Merriam.*

* * * *

"As an alienist and one whose whole life has been concerned with the sufferings of the mind, I would state that of all hygienic measures to counteract disturbed sleep, depressed spirits, and all the miserable sequels of a distressed mind, I would undoubtedly give the first place to the simple habit of prayer. Let there but be a habit of nightly communion, not as a mendicant or repeater of words more adapted to the tongue of a sage, but as a humble individual who submerges or asserts his individuality as an integral part of a greater whole. Such a habit does more to clean the spirit and strengthen the soul to overcome mere incidental emotionalism than any other therapeutic agent known to me.

"I believe it to be our object, as teachers and physicians, to fight against all those influences which tend to produce either religious intemperance or indifference, and to subscribe, as best we may, to that form of religious belief, so far as we can find it practically embodied or effective, which believes in 'the larger hope,' though it condemns unreservedly the demonstrable superstition and sentimentality which impede its progress."—Dr. Theodore B. Hyslop, Superintendent of Bethlem Royal Hospital.

The Canadian Nurse

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The Editors will always be glad to receive MSS. These should be written on one side of the paper only. A margin should be left, and the number of words indicated on each page. Articles accepted will be paid for on publication. Please send MSS on the 1st of each month.

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Editorial.

YOUR SUBSCRIPTION TO YOUR OWN JOURNAL.

If you have not already done so the business manager respectfully requests you, Dear Reader, to send to her, this very day, an express order, or a postal note for $1.00 for your subscription for 1907 to your own journal. Please do not send a cheque, as we lose fifteen cents that way. If you have changed your address, please send your new address and your former address. If your Canadian Nurse does not reach you regularly, send us a postal card at once, and we will set that right. There is great need that you should, within the next ten days, send us at least one new subscriber, if you wish The Canadian Nurse to appear on Jan.

1st, 1907, as a monthly. We have almost completed our arrangements, but not quite, till we hear from you. A great many new subscriptions have come in, but the one you *meant* to send has not yet come! Please let us hear from you, and remember that all new subscribers you send now, will receive the December number free.

DISTINGUISHED VISITORS.

Among the distinguished visitors to Toronto this summer in the nursing profession were Miss Belle J. Walton, a former resident of Toronto, who is at present Head Nurse of the Out Patient Department of the New York Hospital and is also one of the "Spanish-American War Nurses," having just come to Toronto from the annual meeting of the S.A.W.N. in Boston. Miss Walton was formerly in charge of one of the floating hospitals in New York, and is well and favorably known in the profession.

Another distinguished visitor was Miss M. N. Oxford (Sister Mary), of Guy's Hospital, London, England, where she was for years the "Sister" of Philip Ward. Miss Oxford is now Lady Superintendent of Guy's Hospital Institution for Trained Nurses, an institution which is at once a Nurses' Home and a Registry. It numbers about 110 nurses and has been in existence for 22 years, having been begun with two nurses in September, 1884. The institution pays Guy's Hospital for the training of 42 probationers, and it sends its nurses all over the world. The residence is in three houses on St. Thomas St., London. Miss Oxford's stay in Toronto was short, but still she found time to visit the hospitals and took much interest in nursing affairs in Canada.

HOSPITAL NURSES AND THE GRANTHAM RAILWAY ACCIDENT.

The nurses of the Grantham Infirmary, except the night sister in charge and her assistants, had just retired for the night when the first victims of the terrible accident to the Scotch Express reached the hospital. Instantly all was activity, the nurses were roused and were speedily at their posts. Convalescent patients were asked to give up their beds, and seven men, two women and a child, all more or less severely injured were admitted and put to bed. The beds being provided with full-length mackintoshes no preparations delayed the work, in spite of profuse hemorrhage from many of the wounds. The nurses worked all night, with the assistance of some kind helpers, until 5.30 a.m., when they retired for an hour's rest, going on duty at 7.30 as usual. These facts, as related in the *British Journal of Nursing* and *The Nursing Times*, speak volumes for the nurses and the Infirmary.

ENLARGEMENT.

The Publication Committee desires to enlarge the Editorial Board of THE CANADIAN NURSE so as to make it truly representative of the whole of Canada, every province and territory being included, and also representative of the profession and the subscribers for whom and by whom it is published. Suggestions and hints as to the best way of accomplishing this are requested by the Committee.

MONTREAL.

On Nov. 13th and 14th two of the members of our staff, one of whom was the Convener of the Publication Committee, Miss Mitchell, paid a visit to Montreal, and by kind invitation addressed the Canadian Nurses' Association, the Montreal General Hospital Graduate Nurses' Club, and the Alumnæ Association of the Royal Victoria Hospital. Words fail us to tell of the cordiality, the hospitality and the genuine kindness shown by the nurses, and by members of the medical profession in Montreal, as well as by the officials of the Royal Victoria, the Montreal General, the Western, the Maternity and other hospitals and of the McGill University. Montreal is a noble and beautiful city, and one of which every Canadian may well be proud. Every moment of the visit was delightful, in fact The Canadian Nurse left her heart behind her in Montreal. It is expected, as a result of this visit, that in future we shall have a large number of members of the Editorial Board in Montreal.

IN MEMORIAM.

We regret greatly to announce the death of Miss I. M. Fair (M. G. H., 1896), whose death is a loss to her Alumnæ Association and to the profession in Montreal. At its last meeting the following minute was adopted by Montreal General Hospital Alumnæ Association to express in a fitting and permanent manner their regret and sympathy: "It is with deep regret that we have to record at this meeting the death of Miss I. M. Fair, a graduate of the Montreal General Hospital Training School, Class of 1896. Resolved, that we, the members of the Montreal General Hospital Graduates' Club, extend our heartfelt sympathy to the members of her family. Resolved, that a copy of these resolutions be sent to her family, and to THE CANADIAN NURSE for publication."

We also regret very greatly to record the death of Miss Emma Haldenby, formerly of Grace Hospital, Toronto. Miss Haldenby graduated from Grace Hospital in 1901. She always took keen

interest in nursing and hospital affairs and was President of Grace Hospital Alumnæ from Sept., 1904, to Sept., 1905, resigning the presidency on account of ill health. Although practically confined to the house for some months with slight heart trouble, she was not really ill and did not suffer, but was obliged to take exercise only by driving or in a wheel-chair. During the last six weeks improvement was very marked, but on Thanksgiving Day, Oct. 18th, 1906, she was not so well and by Sunday, the 21st, she realized she would not get better and gradually sank, passing away peacefully and happily at midnight, Oct. 24th, 1906. Since October, 1905, Miss Haldenby had made her home with Miss Lash at "The Cottage," 31 Breadalbane St. All the Alumnæ Associations of Toronto sent flowers to the funeral service, which was held on October 26th, and was largely attended.

Our readers will have learned already of the sudden and tragic ending to the noble, faithful and useful life of Miss Jean Sutherland, a graduate of the General Hospital, Galt, Ontario, afterwards Head Nurse in the Hospital at Fort William. Miss Sutherland was appointed in July, 1905, to the New Queen's Hospital (V.O.), at Rock Bay, Vancouver Island, British Columbia and for some months labored there alone. In November she was joined by Miss Franklin, an English graduate nurse from Birmingham. How hard they worked may be seen from the Hospital Report of July-Dec., 1905: No. of beds, 10; No. of out patients, 147; No. of operations, 33, Total No. of cases, 63; Medical, 14; Surgical, 49.

The Bearer of the Great Invitation came unknown and unexpectedly to Miss Sutherland. On Thursday of one week she was apparently in the best of health at noon; before five o'clock in the afternoon she was attacked by pleurisy; abdominal and other complications set in with great rapidity; and at 9.00 a.m. on the Tuesday of the next week she passed away, having only once recovered consciousness sufficiently to speak of her last wishes.

Her coffin was hewn by kind hands from the cedar trees of the adjoining camp, and, covered by the Union Jack, and the white blossoms of the salmon berry and the spirea, the wild flowers of these woods, was borne by four of the "boys," who will always keep her memory green, to the SS. Cassiar, the first stage of its long journey, to her old home at Port Burwell, in Ontario.

Miss Sutherland never neglected her duty, never spared herself, and it is to be feared that her strenuous work undermined her constitution. She was beloved by everyone, and in the Galt Hospital, in Fort William and elsewhere, as well as at Rock Bay, her memory is blessed. Her Superintendent, Miss Robinson, of Galt, bears affectionate testimony to her good work as a nurse, to her sweet unselfish loyalty and beautiful Christian character. To her family at Port Burwell, and to her relatives, thus sadly bereaved, as well as to the Victorian Order, and the hospital at Rock Bay, THE CANADIAN NURSE would respectfully tender its deep sympathy.

Editorial Notes.

An Alumnæ Prize.—We have pleasure in directing attention to the action of the Alumnæ Association of Toronto General Hospital in offering to the Graduating Class of 1907 in the T. G. H., a prize of $25.00 in gold. Further particulars will be given later on.

Up the Saskatchewan.—*The Evening Journal*, of Edmonton Alberta, publishes a delightful article on "A Trip up the Saskatchewan," signed N. McK., by which many of our readers will recognize an old friend, and enjoy the following beautiful description: "We drove past fields of lovely grain, past a quiet farm house and outbuildings, over hills and valleys rising gently one above another, past small groves and clumps of trees with nests of bushes scattered here and there, through grass and pea vine and flowers knee deep, and always upward, until we reached the summit, and the whole exquisite country lay spread out around and beneath us, rising and falling like the waves of the sea. The breath of ten thousand flowers fanned our cheeks, and the most wonderful silence prevailed, broken only at intervals by a few notes of a lonely bird. The whole place was flooded with sunshine and above us was the deep blue Albertan sky."

The British Medical Association.—As our last number went to press, members of the British Medical Association were gathering from far and near for what proved to be in every way a happy, memorable and successful annual meeting. There were 1103 Canadian physicians present and about as many more from Great and Greater Britain and the United States. Great congratulations are due to those who worked and planned for this; they were doubtless more than rewarded by the result of their efforts. The whole country will reap benefit from this meeting.

The King and the Crimean Nurse.—Among his many other duties this summer, His Majesty found time to visit the Royal Agricultural show at Derby. The King observed, among a group of Crimean veterans, an aged nurse, and at his own request was told that she was Mrs. Milne, wife of a hospital sergeant of the 7th Hussars in the Crimea, and that she had been a nurse first at Varna and then at Scutari, before the arrival of Miss Nightingale. The old lady was presented to her Sovereign and ventured to ask him to accept a rose. "Thank you very much," said the kind King, stretching out his hand for the gift, which he then kept in his possession during the whole day.

Balls.—The Secretary of war, Mr. Haldane has been asked in in the House of Commons why military nurses should not be allowed to go to dances. Mr. Haldane explained the evil effects of late hours. Nurses have been expressing themselves in their own paper to the effect that the discussion was unnecessary, as no good nurse on duty wants to go to balls.

Official Department.

SECRETARY'S REPORT OF EIGHTH ANNUAL MEETING TORONTO GENERAL HOSPITAL ALUMNÆ ASSOCIATION.

Officers, 1906-7: Hon. President, Miss Snively; President, Miss Lucy Bowerman, 349 Sherbourne St.; 1st Vice-President, Miss Clara Brown, T.G.H.; 2nd Vice-President, Miss Jessie Robson, 103 Gerrard St. E.; Recording Secretary, Miss Alice Stewart, T.G.H.; Corresponding Secretary, Miss A. M. Stirling, 103 Gerrard St. E.; Treasurer, Miss Mareb Allan, T.G.H.; Directors: Miss Grace Hodgson, 82 Bloor St. W., Miss Julia Stewart, 12 Selby St., Miss Annie Lennox, 11 Humberside Ave., Toronto Junction.

Conveners of Standing Committees: Sick Visiting, Miss H. Fralick; Legislation, Miss C. Mitchell; Programme, Miss B. Crosby; Representatives of the Central Registry Board: Miss B. Crosby and Miss A. Boyd.

The eighth year of our Alumnæ Association closes with the session of to-day, Oct. 9th, 1906. A year fraught with encouragement and disappointment. Encouragement in that our work as an Association is both deepening and widening, a generous public spirit is growing in us, a desire to "covet earnestly the best gifts." Disappointment in that the Bill for the Registration of Nurses failed to pass the Provincial Parliament and must be relegated to the background for some time yet.

Nine regular meetings were held during the year with an average attendance of twenty-five. The Alumnæ membership numbers 115, with a balance in bank of $119.67. The sick benefit fund with a membership of 23 has $549.42 in bank. We should like to see all graduates take membership with us, for as has been very justly remarked our meetings make a post-graduate course not to be despised.

The treasurer's book has changed hands more than once during the year, indeed, we are now without a treasurer; though the work has not suffered there has been more or less difficulty in carrying it on.

Our committees have worked indefatigably and with acumen. It is to them we must attribute our success as a society. Busy women they are, yet they make time not only to come to the meetings regularly, but to do a very great deal of the hard work, real drudgery, of a committee. These are they who are bearing the burden and heat of the day for us.

The Publishing Committee, under Miss Mitchell, has done no less work this year than last. That THE CANADIAN NURSE has maintained its course with a balance in its favor instead of a deficit,

is owing entirely to our editor-in-chief, business manager and committee.

The Central Registry, under the able management of Miss Barwick, is going forward, well patronized by the public, doctors and nurses.

The Sick Visiting Committee in Mrs. Findlay's hands has done, if possible, better work than ever before. Nurses realize as few others "the touch of nature that makes the whole world kin."

The important work done by our Registration Committee scarcely needs retelling. Failure is sometimes a better teacher than success. That the Bill for the Provincial Registration of Nurses was defeated was not altogether unforeseen or unexpected, nevertheless our faith remains unshaken that a measure generously meeting the needs of both public and profession will become law at no distant date. To the Hon. Mr. St. John, Speaker of the House, we are deeply grateful for his great kindness in assisting us in the difficult work of drafting and presenting the Bill.

This Association cordially and gratefully thanks those who addressed our meetings, namely, Dr. F. N. G. Starr, on "Surgery"; Dr. K. C. McIlwraith, on "Obstetrics"; Dr. Fotheringham on "The Humanitarian Side of the Nurse's Work"; Dr. Thistle on "Enteric Fever"; Dr. Helen MacMurchy on "Pneumonia"; Miss Julia Stewart on "Materia Medica for Nurses," and Miss Flaws on "Hospitals, Ancient and Modern."

The course of lectures delivered before the Associated Alumnæ of the city was emphatically good. Not only from subject, delivery and the personality of the speaker did we derive benefit, but also from meeting with each other. All this induces and strengthens the catholic spirit that is personally so desirable to acquire and is so necessary between societies.

It has been decided that this Alumnæ Association shall offer an annual scholarship of twenty-five dollars ($25.00) for competition to the graduating class, subject and qualification are yet to be decided.

A fund to be devoted to the new hospital in some way was proposed and headed by Miss Snively and is growing surely.

An official note sent out by our President, Miss Hodgson, to all our graduates, comprehensively covers the ground of our duty to our profession as a whole, to our joint magazine, THE CANADIAN NURSE, to our beloved Alma Mater and our sister graduates, and the members of our Alumnæ Association, and forcibly shows the necessity for earnest work to ensure protection by law for the nurse of the future. We commend this letter with its list of important subjects to your most careful consideration, earnestly hoping that our graduates far and near may realize that in union only is strength, and that each individual is an added prop to the whole.

We have lost one of our graduates by death, namely, Mrs. McArthur, of Queensville, a graduate of 1901 (nee Smith), we deeply sympathize with the bereaved family.

This Alumnæ Association expresses sympathy with all its members who suffered illness the past year. We hope that when the new hospital is completed it can be arranged that permanent and comfortable quarters will be provided for nurses in illness.

Several of our members have married during the year, to them we extend cordial good wishes for future happiness and prosperity.

The social side has not been neglected during the past year. Our annual At-Home was held in McConkey's reception rooms on the 28th of December, 1905, and was as usual a delightful reunion. In January Miss Snively gave a tea at which we had the honor and pleasure of meeting Dr. Osler, Regius Professor of Medicine, Oxford, England. A man eminent in his profession, gentle and humble of heart as great in brain, is always an incentive to others, from such an one virtue goes out to others. To Miss Snively, in March, we were again indebted for making it possible for many of us to meet Mrs. Hunter-Robb and Miss Palmer; ladies whose names have long been well known from their prominent positions in our profession are now charming personalities to us, not to be forgotten. In February our President, Miss Hodgson, entertained us with the Associated Alumnæ of the city at a delightful musicale held in the Theatre of the Normal School; it was very greatly enjoyed by all. Again in June Miss Hodgson metamorphosed our meeting into a garden party at her own home. We have received many kindnesses from the hands of our President and her family, and our Association very cordially thanks them.

Shall we forecast the work for coming years? Post-graduate courses, affiliation of hospitals, general and special, and asylums for the insane for all round training, University supervision of technical work, a Nurses' Club House. It will all come.

JESSE AGNEW BEGG,
Secretary.

THE ALUMNÆ ASSOCIATION OF THE HOSPITAL FOR SICK CHILDREN TRAINING SCHOOL FOR NURSES, TORONTO.

OFFICERS, 1906-7.

President, Miss J. Hamilton; 1st Vice-President, Miss G. Gowans; 2nd Vice-President, Miss J. Richardson; Secretary, Miss E. Jamieson; Treasurer, Miss M. Hill; Directors: Miss M. Gray, Miss C. Lunan, Miss M. F. Blythe.

CONVENERS OF COMMITTEES.

Arrangement and Publication, Miss Tindall; Sick Visiting, Mrs. Annie McGarvey. Meetings are held on the second Thursday of the month at 3 p.m., in the Nurses' Residence.

Secretary's Report.

The Alumnæ Association of the Hospital for Sick Children, Toronto, held their third annual meeting at the Hospital, College St., on Oct. 11th, 1906.

The year closed with a membership of fifty-six, showing an increase of fifteen over last year. Miss L. Rogers became a life member.

There has been one death during the year, that of Mrs. Fielding (nee Slattery), who died early in the year after several months' illness.

Numerous communications have been received from our graduates, showing a greater interest in our Association.

The members of the Alumnæ desire to thank Mr. Ross Robertson for the printing done during the year and also Miss Brent for procuring for the nurses the use of the Lakeside Lawn for a Garden Party which was held on June 9th, 1906, at which many doctors and their wives and also representatives from all the Toronto Hospitals were present. Music was furnished by an orchestra.

Our meetings during the year have been fairly well attended. The thanks of the Alumnæ Association are due to Dr. Machell, who lectured on "Some points on Infant Feeding," giving demonstration, assisted by an undergraduate, which was most instructive; Dr. Minerva Greenaway, "Some facts in Physiology"; Dr. Fotheringham, "The Non-technical Side of a Nurse's Calling"; Dr. Hutchison, "The Present Day Care of the Consumptive"; Miss Palmer, Editor of *American Journal* gave an address; Miss Lucy Bowerman, T.G.H. graduate, gave a talk to the nurses on the Bill, which was up in the House at the time; Dr. Allan Baines, could not lecture on account of illness; Mr. J. Ross Robertson, who was to have addressed us, was away at the time so we hope to hear him in the near future.

All the above lectures and addresses were highly instructive and much appreciated by those present.

Several nurses took operating room work this summer, among them Miss Daisy Browne, of Montreal.

It is requested that all members notify the Secretary of any change of address.

A report of the Central Registry was given by one of our representatives at each meeting, and we are pleased and gratified to note the progress made in the past year. Twenty-three of our graduates are members. We are sorry to lose our Treasurer, Miss Shepard, who has served the Association so faithfully and efficiently since its organization.

We cannot close our report without a word of deep and grateful appreciation to our Hon. President, Miss Brent, for her interest and kindly advice, which has helped us over many difficulties. We trust that she may be spared to us for many years more.

We close our report feeling that we have made progress in the past year, although there is much to be accomplished, and as we enter another year, we look forward to greater progress. May we all feel the responsibility of office, giving faithful service.

We extend a cordial invitation to all of our graduates to unite with us—

MARY GRAY,
Secretary A. A.

TREASURER'S REPORT, 1905-6.

RECEIPTS		DISBURSMENTS	
Balance on hand, 1905-06....	$41 35	To Postage	$9 75
Annual Fees	42 00	" Stationery	1 60
Initiation	17 00	" Flowers	8 75
Life Members	25 00	" Treas. Asso. Alumnæ.. ...	16 00
Refund from Registry.....	6 00	" J. D. Bailey	21 00
Interest	1 62	" CANADIAN NURSE	12 50
Donation	40 00	" Toronto Registry	6 00
		" Grand & Toy	2 85
		" Musicians	12 00
		" Coles.....	40 00
		By Balance	42 52
	$172 97		$172 97

IRENE SHEPARD, *Treasurer.*

SICK BENEFIT FUND.

RECEIPTS		DISBURSEMENTS	
By Donations	$50 00	By balance on hand.....	$94 20
" Annual Fees	44 00		
" Interest	20		
	$94 20		$94 20

IRENE SHEPARD, *Treasurer.*

QUEEN ALEXANDRA'S IMPERIAL MILITARY NURSING SERVICE.

THE WAR OFFICE,
LONDON, 15th October, 1906.

POSTINGS AND TRANSFERS.

Sisters: Miss E. A. Cox, to SS. "Plassy" for Indian Troopship Service, from the Queen Alexandra Military HP., Millbank.

Miss M. L. Harris, to SS. "Plassy" for Indian Troopship Service, from Military HP., Chatham.

Miss M. Pedler, to SS. "Plassy" for Indian Troopship Service, from Cambridge HP., Aldershot.

Miss L. E. Mackay, to Egypt, from Military HP., Gosport.

Miss E. M. Denne, to South Africa, from Royal Herbert HP., Woolwich.

Miss M. Walker, to South Africa, from Connaught HP., Aldershot.

Staff Nurses: Miss G. S. Jacobs, to SS. "Plassy" for Indian Troopship Service, from Connaught HP., Aldershot.

Miss W. L. Everingham, to Cambridge HP., Aldershot, on appointment.

The Editor,
THE CANADIAN NURSE,
133 East Bloor Street,
Toronto, Canada.

C. H. KEER,
Matron-in-Chief
Q.A.I.M.N.S.

Official Notice.—The Alumnæ Association of the Hospital for Sick Children meets the second Thursday in the month at 3 p.m., at the Nurses' Residence.

The Contributors' Club.

LIKE A HOME LETTER.—"THE CANADIAN NURSE seems to bring us all so close together that I watch for it like a home letter. I'm so glad you are making it a monthly edition. Very sincerely yours." Vancouver, B.C.

FROM A NURSE IN OHIO, U.S.A.—"I enclose $1.00, my subscription to THE CANADIAN NURSE for 1907. I am not a Canadian nurse myself, but I was very glad to meet THE CANADIAN NURSE, and wish it every success, and know I shall enjoy it very much."

OUR GRADUATION DAY.—"One year ago to-day graduation day at last arrived. With fear and trembling we entered upon our duties three years before. I think of these years now. There was much in them that was arduous, but they have been happy, and I trust not unfruitful. What firm resolutions were formed, as we sat before those assembled, and listened to the kind words of advice and caution given by the members of the staff. Do you remember Dr. —— saying we should not go away with the idea of "knowing it all,' and how quickly some of us were to realize it.

All are actively engaged in nursing except dear ——. I wonder if they too are reviewing the year. It has been an eventful one for me.

What depths (and heights) of human nature, hitherto undreamed of, have been revealed. From some memories I turn in

horror and disgust, others in joy and delight. And so have the days been made up—What mistakes crowd around me! What want of tact and judgment in the moment which required calmness! Although there will always be a reproach, yet even by these have I been taught needed lessons. But it is the future we now must turn to.

With humble acknowledgment of past mercies and tokens of God's goodness, always remembering and striving to live up to the motto of our school, with loving greetings to all my class mates—May we at last truly merit the words. Well Done."—Lovingly yours.

Toronto, October 3rd, 1906.

Correspondence.

———— Ave., Winnipeg.

DEAR CANADIAN NURSE.—I have much pleasure in enclosing one dollar, a new subscription for Miss —— ——, of ——, Sask. I am so glad our own magazine is going to be made a monthly. The September number is particularly interesting to me. Am delighted with "My Scallop-Shell of Quiet," and hope it will be a permanent feature. Wishing THE CANADIAN NURSE every success.

Believe me,

Yours very sincerely.

Please find enclosed two annual subscriptions to THE CANADIAN NURSE. Kindly address one copy to Miss ——, and the other to my address. Miss —— is nurse-in-charge at my private hospital and I have seen so many good things in THE CANADIAN NURSE that I am sure it will be a help to her. With all good wishes and trusting that 1907 will see the magazine a monthly.

I beg to remain,

Sincerely yours.

The Manse,

ETHELBERT, MAN., Sept. 19, 1906.

DEAR CANADIAN NURSE.—You will doubtless have thought long ago that I had forgotten all about my promise to write you some notes on medical work for our own CANADIAN NURSE. I have not by any means forgotten, but have been putting it off from one time to another, thinking to find more time for it. Now, however, I am not going to wait any longer to ease my conscience on this point.

I wish you could see some of the medical and surgical cases amongst the Galicians who surround us. About the first thing

noticeable about them is the extreme filth of their persons, and their homes, which are unsanitary in every respect, so that it is quite impossible for the sick to have anything like care in their own homes, which in the large majority of cases are simply hovels. We are hoping for a small hospital here that such cases may be properly attended to.

Sometimes patients are brought to us for surgical treatment, but even then it is far from satisfactory, as the bandages and dressings are often removed when they reach home, to see how it looks, and if the friends think it is not properly done they often remove the dressing altogether, substituting some concoction of their own. In one case of a fractured fibula, which we walked out about two miles late one dark night to set, Mr. Monro found on three successive visits that the bandages had been removed, and once they were rubbing over the fracture with buttermilk! Of course the union was crooked, but not so bad as we expected.

Often when medicine is given, with instructions most forcibly impressed upon them, they prefer to take it altogether differently, or if the first dose does not cure it is pronounced no good, and thrown away. In many cases upon receiving medicine here they meet friends who tell them all sorts of yarns and frighten them from taking it. It is most difficult to reason with them. They invariably want "something to rub on" over any spot affected, no matter what the cause of trouble, and cannot see why medicine taken internally can cure that particular spot.

The obstetrical work is strange indeed. If labor continues more than two or three hours they think it a great calamity, as the Galician women, being such a sturdy people, have usually a very easy time.

Few of their homes have more than one room, no sign of a curtain or screen of any sort; the entire family eat, sleep and live in this one room. There is no privacy whatever in the poorer families. Often also the cow is an inmate of the one room as well as the family.

A newly-born infant is wrapped in old clothes and left to soak in a bath tub made by hollowing out a section of a tree. Galicians have a prevailing superstition that the top of a child's head should never be washed lest the child die, or at least be unhealthy. Consequently nearly every baby has a thick patch of dirt on the head which remains there for months, or until it suppurates off. The older people are very determined to have their way in these things, and our only hope of teaching better ways is in the young people. Many remark upon our babies being so healthy in spite of the daily washing. As a rule, Galicians have very little acquaintance with soap and water, and when Mr. Monro calls for it they seem to think he is asking a most unnecessary thing.

When a tooth is extracted many look to see if the "worm" is out. They think the nerve is a living worm which has got in and is doing all the damage.

There are many other items of interest, but unless I make notes of them as they occur to my mind I cannot think of them when especially wanted. But perhaps these are as many as you will have room for.

With best wishes for success to our journal, which I am glad is to be a monthly.

Very sincerely yours,

ELENA EYRE MONRO.

Hospital and Training School Department.

IN CHARGE OF MISS HARGRAVE, TORONTO; MISS CRAWFORD, WINNIPEG; AND MISS YOUNG, MONTREAL.

[THOSE in charge of this department are endeavoring to increase its value and interest by inserting from time to time brief histories of all our Canadian hospitals. Such contributions will be welcome at any time.—ED.]

MRS. PHILLIPS (nee Sutherland, T.G.H.) was also in Toronto for a short visit.

MRS. ALLISON (nee Roberts, T.G.H.) was in Toronto for a few days this summer.

MISS MARY C. GRAHAM (T.G.H.) is now Head Nurse in Vancouver General Hospital.

MISS R. ELIZABETH STEWART (T.G.H., '04), is now Head Nurse of the Eastern Annex, Toronto General Hospital.

MISS E. BRACKEN, graduate of the Dauphin General Hospital, is at present acting as Head Nurse in the D.G.H.

MISS MATHIESON, Superintendent of Riverdale Hospital, Toronto, spent her vacation among her friends in Montreal.

MISS SARA D. LIVINGSTON (T.G.H.) has been appointed Lady Superintendent of the General Hospital at Kenora.

MISS LIZZIE DYSON, of Alexandria, has been appointed Superintendent of Nurses at the General Hospital, Kingston.

MISS JARDINE has been appointed visiting nurse for the tuberculosis work in connection with Toronto General Hospital.

THE Central Registry has just issued a very dainty and convenient list of all their members, the right size for a vest pocket—a good idea.

A POST graduate course in district nursing will be given in the Home of the Victorian Order of Nurses, Ottawa. Apply to Miss Allen, 578 Somerset St., Ottawa.

THE Hamilton Board of Health are hoping to have a new Isolation Hospital built soon.

THE Catholic Nurses' Guild in Great Britain has now 502 members and two branches.

MISS HENRIETTA MCKIM (T.G.H.), of Jalfa Hospital, Persia, is at home in Toronto on furlough.

MISS J. MCHATTIE, graduate G. and M. H., St. Catharines, has gone to Minnesota to take up private nursing.

MISS K. CAMPBELL, graduate Orthopædic Hospital School of Massage, has removed to 3 Classic Ave., Toronto.

MISS MARGARET LASH has removed the Cottage Hospital, so well and favorably known in Toronto, to 84 and 86 Wellesley St.

MISS MARY EDWARDS, a nurse-in-training in the Dauphin General Hospital, is convalescing from an attack of tyhoid fever.

MISS BEATRICE PEARCE, of the Victorian Order Nurses, leaves shortly to take charge of the Cottage Hospital in Pictou, N.S.

MRS. HART (nee Clendening), formerly Superintendent of Vancouver General Hospital, paid a flying visit to Toronto this autumn.

MISS L. M. GRAVES, Supervisor of Nurses, St. M.H., Toronto, has returned from a trip to Europe and is at present in London, Ont.

MISS JEFFREY, Lady Superintendent of the Galt Hospital, Lethbridge, expects to visit her home in London, Ont., during December.

MISS CAMPBELL and Miss Rose, Vancouver General Hospital, have recently been added to the nursing staff of the R.I.H., Kamloops.

MISS EVA THORPE, who has been recuperating at her home in Sharon, will return to duty at the Toronto General Hospital on December 1st.

MISS K. MACPHERSON has resigned the position of Superintendent of the R.J.H., Vancouver. She has been succeeded by Miss Livingstone, of Toronto.

MISS HATTIE MCLEAN, of the Victorian Order Nurses, graduate of Newton Hospital, Newton, Mass., has left to take charge of the hospital at Arrowhead, B.C.

MISS EFFIE JOHNSTON, Belleville General Hospital, and Miss Alice Hovey, Bruce County Hospital, have been appointed staff nurses in the City Hospital, Edmonton.

MISS KATE MCTAVISH, late Superintendent of the Atlin Hospital, has returned to Ontario and intends taking up private nursing in Toronto.

MISS M. HURTLEY, Toronto Western Hospital, has returned from Virginia, where she has been engaged in both institutional and private nursing.

Miss Hance, graduate of Victoria General Hospital, London, Ont., has accepted a position in the Victorian Order Hospital, Indian Head, Sask.

Miss M. J. O'Neill, graduate of the G. and M. Hospital, St. Catharines, has succeeded Miss Sheppard as Superintendent of the G. H., Guelph.

Mrs. G. S. McPherson (T.G.H.), has opened a private hospital at "Restholm," 2 Maple Ave., Rosedale, for the care of medical and nervous cases.

Miss A. L. Regan, graduate St. Michael's Hospital, Toronto, has been appointed Assistant Superintendent of the Chester County Hospital, Westchester, Pa.

Miss S. Mears, of Riverdale Hospital, has returned from Gravenhurst, where she has been assisting Miss Wardell in the Sanitarium during the summer.

Miss McHowell, after a post graduate course in Toronto General Hospital, has gone to take the position of Head Nurse in the Marion Sims Sanitarium, Chicago.

Miss Kate Mackenzie and Miss Millar have graduated from the Galt Hospital with honors. Miss Mackenzie has taken up private nursing in Listowel, while Miss Millar has decided to settle in Galt.

Miss Plunkett Campbell, who for some time has been Instructor in Massage at the Toronto Orthopedic Hospital, very generously supplied the nurses this year with a delicious Thanksgiving dinner.

Miss Elizabeth Gordon has resigned as Superintendent of the General Hospital, Kingston, Ont., and accepted the position of Supervisor of one of the Departments of the Presbyterian Hospital, Chicago.

Correction.—We regret that the name of Miss Sara H. Griffiths (1903), a graduate of the Victoria Hospital, London, was inadvertently omitted from the list of graduates published in our September number.

Miss Mabel Wallace, of Orillia, graduated in September the Toronto Orthopedic Hospital, and will, in the near future, take a post graduate course in New York. Miss Wallace is also a graduate of the School of Massage.

The Victoria Memorial Hospital (formerly Dr. Holford Walker's Private Hospital), at 56 and 58 Isabella St., is now under the charge of Miss Pringle. Obstetrical cases as well as medical and surgical cases are now admitted.

The Hartford Hospital Training School for Nurses has issued a very attractive programme of lectures for 1906-07. The graduating exercises, in which a number of Canadian nurses were interested, took place on Oct. 17th, and were very pleasant and successful.

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This beautiful gravure which measures 28½ x 19¾ inches, is printed on fine plate paper, 40 x 30 inches and is quite Free From Advertising. It will form a magnificient companion to our last year's picture, "The Leopard Skin."

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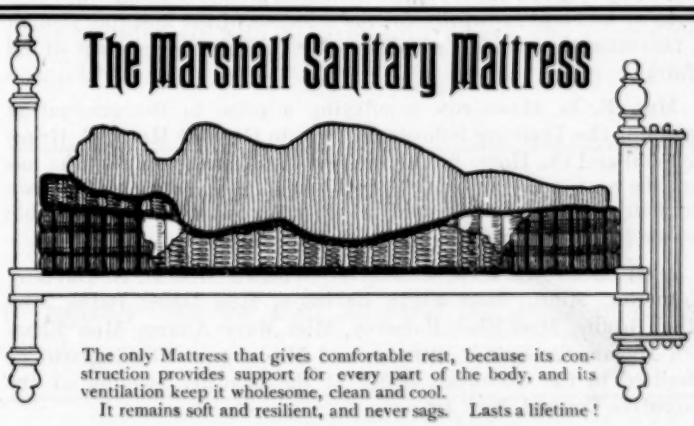

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Miss Josephine Hamilton (H.S.C.), 505 Sherbourne Street, Toronto, has kindly consented, at the request of the Committee, to undertake the important work of receiving subscriptions for 1907, especially new subscribers. We bespeak for Miss Hamilton cordial co-operation.

It is greatly regretted that Miss Mitchell has given up her position as visiting nurse in charge of the tuberculosis clinic at Toronto General Hospital. Miss Mitchell is engaged for the present in doing district work in connection with Knox Church, a wide field which all her friends feel she will worthily occupy.

Dr. Minerva M. Greenaway, Lecturer to the Training School of the Toronto Orthopedic Hospital, died at St. Michael's Hospital in September of typhoid fever. Dr. Greenaway's charming disposition and noble character endeared her to all who knew her and many in the nursing profession have lost a true friend by her sad and untimely death.

In the Royal Inland Hospital of Kamloops, B.C., the nursing staff consists of four graduate nurses and three pupil nurses. It is the intention of the hospital to increase the number of pupil nurses and have fewer graduates. The training for pupil nurses is good, although the hospital is not large, accommodating only thirty-five patients. There is a good deal of surgery and obstetrics.

The Women's Hospital Aid Society of Stratford General Hospital have installed a steam laundry dry plant in that institution. The hospital is very much indebted to this association, which works so well and faithfully for the interests of the hospital, though at the same time taking no active part in the management of its affairs.

Mrs. R. B. Hamilton is offering a prize to the graduating classes of the Training Schools in Toronto General Hospital, Grace Hospital and the Home for Incurables. It is for the nurse who has kept the neatest room during her training. Mrs. Hamilton has been for many years a good friend to the nurses and an indefatigable worker for the hospitals.

Miss Irene Norcross, Vancouver General; Miss M. A. Davison, Worcester, Minn.; Miss Edith Robinson, Miss Isabel Bates, Miss Ethel Brodie, Miss Elsie Pomeroy, Miss Mary Adams, Miss Elizabeth Hagan, St. Luke's, Ottawa, and Mrs. Agnes Fleming will be admitted to the Victorian Order at the monthly meeting of the Executive Council, Nov. 1st.

The annual meeting of the Alumnæ Association of the G. and M. Hospital, St. Catharines, was held on August 29th. Mrs. J. Parnell, of St. Catharines, was re-elected president; Miss M. Marriott, of Buffalo, 1st vice-president; Miss M. Kelman, of Newmarket, 2nd vice-president; Miss L. Tuck, of St. Catharines, secretary-treasurer. Luncheon was served at the Nurses' Home.

Special Notice to our

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WE prepay Freight or Express (we reserve the right to ship the cheapest way) on all orders of $25.00 and over, going forward in one shipment to your nearest railway station in Ontario, Quebec, New Brunswick, Nova Scotia and Prince Edward Island, on all goods except Furniture, Springs, Mattresses, Refrigerators, Organs, Stoves, Baby Carriages, Salt, Sugar and Flour.

To obtain advantage of this offer your shipment must amount to $25.00 over and above the exceptions named.

If you cannot make your order large enough to secure the advantage of free delivery, get your friends near by to join you and send the orders together and we shall forward the goods in one shipment.

THE T. EATON Co. LIMITED

TORONTO, CANADA

THE many friends of Miss Hartley, Night Superintendent of the Toronto General Hospital, will learn with regret that she will not be able to return to her duties for some little time, owing to the sad death of her sister, Miss Edith Hartley, of Brantford, from appendicitis.

MISS M. E. COLLINS, graduate of New York Hospital, has recently taken charge of the Rosebery Nurses' Club, No. 551 Sherbourne Street, Toronto, formerly under the management of Mrs. McPherson. This is one of the oldest and most successful homes in the city.

MISS ELIZABETH HENDRIE, a graduate of the London (Ontario) General Hospital, and also a graduate in the Swedish system of massage, medical gymnastics and electro and hydro-therapy at the Pennsylvania Orthopædic Institute and School of Mechano-Therapy (Inc.), 1711 Green Street, Philadelphia, has been placed in charge of the Mechanical Department at the Victoria Sanitarium, Colfax, Iowa.

THE new and very beautiful Nurses' Residence, built by Mr. John Ross Robertson, and presented by him to the Hospital for Sick Children, of which he has been the constant and most generous benefactor, is now occupied, but not yet in every little detail completely finished and furnished. We hope to publish a special descriptive article after the formal opening early in 1907. Miss Brent, the Superintendent, leaves on Nov. 27th for a well-earned vacation in California, and will return about the new year.

MISS MARGARET E. STANLEY has been appointed Lady Superintendent of the Victoria Hospital, London. Miss Stanley is a graduate of the Johns Hopkins Hospital Training School (Class of '96), and has been engaged in institutional work ever since her graduation, having been both a Head Nurse and the Night Superintendent at the J.H.H., and afterwards for seven years Superintendent of the North Adams Hospital. This year she was in Europe and returned in August to take up the duties of her present position, in which THE CANADIAN NURSE wishes her every success.

EIGHT nurses who graduated from St. Michael's Hospital recently, were presented with diplomas by Vicar-General McCann. The presentation took place in the assembly hall of the hospital and was largely attended, members of the board of the medical staff, and relatives and friends of the graduates being in attendance. Addresses were made by the Vicar-General and by the representatives of the board and of the staff. The following were the nurses who received diplomas: Miss Katherine W. Ryan, Toronto; Miss Ella M. Hamer, Port Arthur; Miss Sophia Mahoney, Atherley; Miss Virginia Hooey, Blackstock; Miss Catherine Tighe, Sandhill; Miss Maude Lalonde, Toronto; Miss Martha Gendron, Penetanguishene; Miss Emma Allard, Midland.

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There are three reasons why SOZODONT LIQUID is essential to the sick room.

First,—Being an ALKALINE LIQUID, it penetrates the little crevices of the teeth that cannot be reached by the tooth brush, thus neutralizing and destroying the mouth acids that collect therein.

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These are indeed three important things to know about SOZODONT, but you must also know its delicious and lasting fragrance will not only give tone to the mouth but makes the patient feel thoroughly refreshed. You cannot know the delights of SOZODONT until you have tried it. Should your patients prefer a Powder or Paste, SOZODONT Tooth Powder or SOZODONT Tooth Paste should be used in preference to any other, for they alone are absolutely free from acids, or gritty substances, such as pumice, powdered quartz, charcoal and the like. The SOZODONT preparations have the abrasive properties without the grit, and are especially recommended where the enamel of the patient's teeth is soft.

SOZODONT Liquid, Powder and Paste on sale everywhere or by mail for the price, 25c.

Our pamphlet "The Care of the Teeth," will interest those who have good teeth and wish to keep them so. Sent free.

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NEW YORK CITY

THE graduating exercises of the Stratford General Hospital were held on June 29th. The presentation of diplomas and medals was made in the open air immediately before the central entrance. The Hon. Thomas Ballantyne was the chairman, and he was surrounded by Mayor Ferguson, Col. Leyfert and Dr. Rankin. Rev. W. T. Cluff opened the proceedings and Mr. E. T. Dufton, chairman of the hospital board, made a few remarks about the work of the institution. Dr. Rankin delivered an interesting and instructive address to the nurses, and Mayor Ferguson presented the diplomas and Colonel Leyfert, as always, gave the medals to the following nurses: Miss E. Kidd, gold medalist; Miss L. Fleming, Miss A. Keeler, Miss A. Turner, Miss B. Harrison. The guests were received by Miss Chillman, Lady Superintendent of the Hospital, assisted by Mrs. D. M. Fraser.

THE graduating exercises of the Guelph General Hospital Training School were held on the evening of Thursday, September 27th, in Carnegie Hall. The diplomas and pins were presented by the speakers. Mr. A. W. Alexander, Chairman of the Board of Directors, occupied the chair, and on the platform with him were several of the prominent men of the city. Mr. Alexander briefly dwelt upon the work the hospital was doing and its financial needs. In the eighteen years that the Training School has been established nearly 100 nurses have graduated, and 75 per cent. of these are still on active duty. The speakers were: Mr. Donald Guthrie, K.C., who presented diploma and pin to Miss Ida Waterous, of Guelph; Alderman Stewart to Miss Ethel Cannon, Walkerton, Ont.; Rev. J. M. Glassford to Miss Edith Burling, Milton, Ont.; Dr. Angus MacKinnon to Miss May Love, Brampton, Ont.; Alderman Ryan to Miss Agnes Gibson, of Palsey, Ont.; Mr. Robert Melvin to Miss Annie Caulfield, Guelph; Mr. J. P. Downey to Miss Ollie Bailey, Rockwood, Ont., and Mr. Jas Goldie to Miss Beatrice Prosser, Drayton, Ont.

THE graduating exercises of St. Joseph's Hospital, Chatham, Ont., were held in the Lecture Room of the Hospital on Thursday evening, October 4th, when Miss Eugenia Belleperche, Walkerville, Ont., received her diploma and medal. She was also presented with an address, a volume of nursing literature and flowers by the nurses. Dr. J. L. Bray gave a short sketch of the growth and progress of the hospital, and the urgent need of increased accommodation to meet the demands of the public and of the Training School, which, though recent, already numbers nineteen graduates. Dr. J. L. Bray, Dr. Charteris, Dr. R. V. Bray, and Dr. Sullivan gave addresses, in which, among other qualifications for the nurse, they spoke of the necessity of discretion and a practical knowledge of domestic science. Rev. Father James, O.F.M., acting as chairman, thanked the medical staff, on behalf of the Sisters, for their valuable assistance in theoretical and practical instruction during the past, and hoped they would continue their kind interest and co-

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GLYCO-THYMOLINE AND THE TRAINED NURSE.

The above title is aptly termed, on account of the close association of these important factors in the treatment of disease. The physician hesitates to take any important case wrthout the service of his nurse. He has a like attitude toward Glyco-Thymoline. Dr. Harry Plympton, of Brooklyn, N.Y., recently made the statement that he would as soon attend an obstetric case minus his satchel or necessaries as to go without Glyco-Thymoline.

The trained nurse should be made familiar with every detail in the action and special advantages of this solution. Its alkalinity, combined with the exosmotic properties, make it a most valuable antiseptic as an adjunct to the treatment of eruptive fevers as well as for diseased conditions of the mucous membrane in any part of the body. As a pleasant means of sterilizing and maintaining a normal condition of the mouth, Glyco-Thymoline has no equal. It will be found most useful in obstetrical practice, allaying the extreme soreness of the parts, depleting the engorged membrane and entirely overcoming the disagreeable odor of the lochial discharge. Strict observance of the laws of hygiene will mean not only health and comfort for the mother, but the saving of thousands of infants from that dread disease, Ophthalmia Neonatorum.

Glyco-Thymoline is indicated in all branches of Gynecology; as a mouth wash and sponge bath in all Infectious diseases; in intestinal, stomach and bladder irrigations, detailing its advantages as a prophylactic measure for tubercular conditions as well as all other diseases of the contagious type.

operation. During the past year the operating room of St. Joseph's Hospital was enlarged, and new appliances added, giving the hospital unusually excellent facilities for surgical work and ranking second to none in the province.

The new Vancouver General Hospital was opened in January, 1906. It is a spacious and imposing building of grey granite, with a delightful view of the city, English Bay and the mountains.

The central part of the building is devoted to the administration department, while the wings are entirely for patients. The floors are all of polished Australian hardwood except the eight rooms of the operating department and the bathrooms and lavatories, which have floors and walls of white tile.

Each public ward contains sixteen beds, admits light and air on three sides and opens on a wide balcony. There are also balconies provided for every five private wards.

Telephones connecting the different departments, electric elevators and waiters to the different floors; with the latest improvements in hospital equipment and sanitary arrangement, all combine in making "the General" a hospital of which Vancouver is justly proud. The officers are as follows: Chairman, Campbell Sweeny; Vice-chairman, B. T. Rogers; Treasurer, Wm. Skene; Secretary, D. Mowat; and the Superintendent is Miss Macfarlane, formerly of Toronto General Hospital.

THE graduating class of 1906 at Toronto General Hospital will long remember with great pleasure the evening of Oct. 19th, when a large attendance, great interest and good addresses marked the graduation ceremonies. The theatre was quite transformed and the addresses of Mr. J. W. Flavelle, Chairman of the Board, and the Hon. J. W. St. John, Speaker of the Ontario House, were listened to with much attention. Prizes were presented by Mrs. Walter Lee, Dr. O'Reilly and Dr. J. N. E. Brown. The graduates are: Claire Eugenie Avery, St. John's, Newfoundland; Lillian Ellen Bate, Scotch Block, Ont.; Alice Budge, Port Hope, Ont.; Carrie Louise Cherry, Bowmanville, Ont.; Amy Constance D'Espard, Toronto, Ont.; Ida May Irene Freeze, Doaktown, N.B.; Mary Flora Galbraith, Bowmanville, Ont.; Mary Alecia Husband, Oakville, Ont.; Florence Helen Jones, Belleville, Ont.; Jean Mabel Kniseley, Port Colborne, Ont.; Lottie E. Lawson, Sackville, N.B.; Sarah Dorothy Livingston, Point Edward, Ont.; Margaret Allen McCredie, Niagara Falls, Ont.; Jean McTavish, Napier, Ont.; Lillian Rowntree, Thistletown, Ont.; Janet Scott, Malverin, Ont.; Mary E. Switzer, Rannoch, Ont.; Mary Emma Young, Bradford, Ont.. Miss Snively, the Superintendent of the Training School, read a most excellent report, which we regret that space will not allow us to give in full. The School has now existed for a quarter of a century, and has trained 441 nurses, of which 249 are still discharging professional duties, about 160 in private nursing, 8 as missionaries, and a large number as Superintendents and assistants. 141 are married. Miss Snively also referred in her report to the hope

In all disorders of the respiratory tract in which inflammation or cough is a conspicuous factor, incomparably beneficial results can be secured by the administration of

Glyco=Heroin (Smith)

The preparation instantly diminishes cough, augments expulsion of secretions, dispels oppressive sense of suffocation, restores regular, pain-free respiration and subdues inflammation of the air passages.

The marked analgesic, antispasmodic, balsamic, expectorant, mucus-modifying and inflammation-allaying properties of GLYCO-HEROIN (SMITH) explain the curative action of the Preparation in the treatment of

Coughs, Bronchitis, Pneumonia, Laryngitis, Pulmonary Phthisis, Asthma, Whooping Cough

and the various disorders of the breathing passages.

GLYCO-HEROIN (SMITH) is admittedly the ideal heroin product. It is superior to preparations containing codeine or morphine, in that it is vastly more potent and does not beget the bye-effects common to those drugs.

DOSE.—The adult dose is one teaspoonful, repeated every two or three hours. For children of more than three years of age, the dose is from five to ten drops.

Samples and exhaustive literature bearing upon the preparation will be sent, post paid, on request.

MARTIN H. SMITH COMPANY,
NEW YORK, U. S. A.

and prospect that the nurses would soon receive a training in dietetics in the Domestic Science Department of Toronto University. During the year there have been 594 applications for entrance, of whom 53 were accepted as probationers. The demand for special nurses increases—3,382 days of special nursing is the year's record for the hospital. The present staff of the School is: Assistants, 2; night supervisor, 1; head nurses, 6; pupils, 71; probationers, 15. The chairman, Mr. Flavelle, paid a cordial and well-deserved tribute to Miss Snively before declaring the proceedings closed.

The State Civil Service Commission of New York will appoint an inspector to the above position by open competition. The conditions are stated as follows in the *American Journal of Nursing*:—

The position is open only to women. The minimum salary is $1,800 and the maximum $2,100. Candidates must be citizens of the United States and legal residents of the State of New York and at least twenty-one years of age. They must be registered nurses and graduates of registered nurse training-schools with at least five years' experience since graduation in supervision, administration or instruction in a nurse training-school.

Candidates will not be required to appear at any place for examination, but they must execute application form E-10 and file it in the office of the Commission on or before September 4. They must also prepare and file with the Commission on or before September 10 two theses not exceeding 5,000 words in all on two of the following topics:—

Group A.

(1) A model training-school building.
(2) A model ward and its staff.
(3) The equipment of a training-school building.
(4) The training-school kitchen.

Group B.

(1) The essential of a well-balanced curriculum for a training-school.
(2) The organization and management of a training-school.
(3) The improvement of present methods of teaching in training-schools.
(4) The place of theoretical and of practical training for nurses.

One topic must be chosen from Group A and one topic from Group B. Theses must be the original composition of the applicant and must be typewritten in double space upon paper of legal size, either 8 x 13 or ½ x 14 inches, written on one side of the paper and securely fastened together. They must be signed with the name of the applicant. These theses will be rated for general excellence of composition and for the value of the discussion given. In making up the standing each thesis will be given a weight of 2 and the education, experience and personal qualifications of the applicant will be given a weight of 6.

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BIRTHS.

HARDY.—In August, at Sherridan, to Mrs. Hardy, a son. Mrs. Hardy (nee Carpenter) was a graduate of the Toronto General Hospital.

HOUSTON.—On July 26th, at 2208 Kinkel Ave., Cleveland, to Mrs. Alex Houston, a son. Mrs. Houston was a graduate of the Toronto Western Hospital.

AT the Manse, Ethelbert, Man., on June 5th, 1906, to the Rev. C. H. and Mrs. Monro, twin sons. Mrs. Monro, formerly Miss Eyres, is a graduate of Toronto General Hospital, Class 1900.

MARRIAGES.

BAMFIELD—GRACEY.—At the Manse, Gananoque, Dorothy E. Gracey to Woodruff Bamfield, of Havana, Cuba.

SMITH—CRERAR.—On Sept. 24th, at Shakespeare, Ont., Mr. A. W. Smith to Miss Tina McGregor Crerar. Mr. and Mrs. Smith will reside at Balmy Beach.

MCCALLUM—HYDE.—At the home of Thos. Hyde, Richview, Kilkenny, Ireland, on August 25th, by the Rev. A. Hogg, Mary Caroline (May) Hyde to John McCallum of Dauphin, Man.

MCPHEDRAN—MCNISH.—At the home of the bride's mother, Mrs. Jane McNish, Elm Grove, Lyn, on Wednesday, October 24th, by the Rev. C. A. E. Pocock, Maud Louisa McNish to Archibald George McPhedran, B.A., M.B., of Stroud, Ont.

KNIGHT—GLOVER.—The home of Dr. and Mrs. Shaw, Springfield, was the scene of a quiet wedding Tuesday evening, Sept. 25th, when their sister, Miss Madge Knight, graduate nurse of St. Thomas, became the bride of Mr. John H. Glover, hardware merchant, of Aylmer. Rev. Mr. Farney, of Aylmer, officiated.

WINNIPEG NEWS.

MISS GILROY is once more engaged in private nursing in Winnipeg.

THE Nurses' Registry at 375 Longside Street, has 113 names on the list and one graduate male nurse.

MISS HUGGART, of Revelstoke, B.C., Hospital, has come to Winnipeg and engaged in private work for the winter.

MISS WILSON, Superintendent W. G. H., has had as her guest Mrs. D. H. Macdonald, (Nurse Benson of the W. G. H.) of Fort Qu' Appelle.

MISS DOUGLAS WILSON has resigned the assistant superintendency of Portage la Prairie and has come to Winnipeg to do private nursing.

LINENS FOR THE SICK-ROOM

Simpson's as a supply depot for Sheets, Pillow Cases, Dress Linens, English Cambrics, etc.

THE Linen and Staples Department of this store will particularly interest professional nurses. So often they find the homes of their patients imperfectly supplied with the bed-linen necessary to the proper care and comfort of the sick. In such cases it is well to know that this store is well equipped to supply all that is needful, economically and well. We occupy a very high place in the opinions of the housekeepers on this very account, and nurses have only to make themselves acquainted with the department to prove how well that opinion is deserved.

We give you a few quotations on goods such as have made this department famous.

Hemmed Torn-off Sheets made from selected cottons, full bleached, 2-inch top hem, 1-inch bottom hem. Plain weave—63x90 in., per pair, 98c, $1.15, $1.35; 72x90 in., per pair, $1.10, $1.25, $1.35, $1.50; 80x90 in., per pair, $1.25, $1.40, $1.60. Twill—63x90 in., per pair, $1.20, $1.35; 72x90 in., per pair, $1.15, $1.35, $1.50; 80x90 in., per pair, $1.45, $1.60, $1.75.

Hemmed Pillow Cases made from good cottons torn-off 2-inch hem, laundried ready for use. 40x36 in., per pair, 25c, 30c, 35c, 40c; 42x36 in., per pair, 33c, 40c, 45c, 50c; 44x36 in., per pair, 35c, 40c, 45c, 50c.

Hemstitched Sheets. Fine American spoke hemstitched sheets, good heavy weight, torn ends, plain weave. 72x90 in., per pair, $1.90, $2.10; 81x90 in., per pair, $2.10, $2.25.

Pillow Cases. English and American spoke, hemstitched, superior quality. 52x36 in., per pair, 45c, 50c, 60c, 70c; 45x36 in., per pair, 50c, 55c, 60c, 75c.

Bleached Sheetings, pure soft finish, best English and Canadian makes, full bleached. Plain—7/4 or 63 in., per yd., 20c, 22c, 25c; 8/4 or 72 in., per yd., 21c, 24c, 26c, 28c; 9/4 or 80 in., per yd., 21c, 27c, 30c, 32c. Twill—7/4 or 63 in., per yd., 23c, 26c; 8/4 or 72 in., per yd., 22c, 25c, 28c, 30c; 9/4 or 80 in., per yd., 28c, 30c, 33c.

Pillow Cottons made by best English and Canadian makers, pure finish, selected yarns. Plain—40 in., per yd., 12½c, 14c, 16c, 18c; 42 in., per yd., 14c, 15c, 18c; 45 in., per yd, 15c, 16c, 20c. Circular—40 in., per yd., 15c, 16c, 20c, 25c; 42 in., per yd., 16c, 17c, 21c, 26c; 44 in., 17c, 18c, 22c, 27c.

White Dress Linens. We have gotten together the finest stock of white dress linens ever shown in Toronto. No pains or money has been spared to make this a season to excell. Fine and coarse weaves all widths and makes are included in our display from Ireland, Scotland, Belgium and all the leading linen centres, at prices as follows: 36 in., per yd., 25c, 30c, 35c, 40c, 45c, 50c, 60c; 40 in., per yd., 45c, 50c, 60c, 65c, 75c; 45 in., per yd., 45c, 50c, 60c, 65c, 75c; 72 in., per yd., 75c, 90c, $1.00, $1.25.

English and Scotch Zephyrs and Oxfords. We have found a demand for certain patterns for nurses' costumes, etc., and we have prepared for that demand. We have been told that nowhere else is such a range of really beautiful goods at such prices being shown. They include light, medium and dark colorings in stripes of different widths, finest finish and absolutely fast colors, per yard, 10c, 12½c, 15c, 18c, 20c, 25c.

Single White Quilts. English, American and Canadian makes, pure finish, firm weave, good designs, medium and heavy weight, pearl or hemmed ends, 10/4 or single bed sizes at, each, 75c, $1.00, $1.25, $1.50, $1.75. (We can supply these in quantities.)

English Cambrics for fine underwear, or any use for which fine, pure-finished cambrics are used. We are showing three special lines made from selected yarns, finest finish, 36 in. wide, round even thread, at, per yard, 8½c, 10c, 12½c.

The Robert SIMPSON Company Limited

TORONTO, ONT.

Miss Vancour, graduate of Galt Hospital, who now lives in Winnipeg, spent a short holiday recently visiting friends in Galt.

Miss McBride, graduate General Hospital, Dauphin, has been appointed Superintendent of the General Hospital, Battleford, Sask.

Miss McCallum (*nee* Hyde, T. G. H. '99) with her husband returned to her new home in Dauphin, after her marriage at her home in Ireland.

The beautiful new Nurse's Home of the W. G. H. will be ready in about a month, and Miss Wilson expects to get the nurses all settled in it by Christmas.

Miss McArthur, Head Nurse of the Maternity Department of the Calgary General Hospital, has resigned, in order to take the position of Matron of the MacLeod General Hospital.

Miss Anna Canty, has resigned her position of Superintendent of the Masonic Hospital, Morden, Man., to take that of Superintendent of the Training School of St. Bernard Hotel Dieu, Chicago, Ill.

Miss Bowman lately doing private nursing in Winnipeg, having come from Hamilton Hospital, Ont., has just been appointed superintendent of Portage la Prairie Hospital *vice* Miss Palmer, resigned.

Miss McCulloch, the Victorian Order of Nurses in Winnipeg, has moved to 451 Sargent Avenue and expects shortly to have another Victorian Order Nurse to assist her—the work has grown rapidly.

Nurse Jean Craig, Chatham, has returned to Winnipeg, after spending the summer at her home in Burgoyne, Ont. Unfortunately she contracted grippe, which was followed by pneumonia, but is now slowly convalescing.

The meetings of the Association of Graduate Nurses have not been able to be held on account of lack of quorum the past two months, so many of the nurses being out at country points and those in the city being too busy to meet.

Misses Cobbe and Pentland, W. G. H.; Nurse Hogan, St. Michael's, Toronto; Nurse Guthrie, Glasgow, Scotland; and Nurse Grant, have all gone from Winnipeg to work in the Emergency Typhoid Hospital at Regina, Sask.

Miss Josephine Lundy, graduate G.H., Toronto, has resigned from the nursing staff of the Galt Hospital, Lethbridge, and will return to Ontario in December. Her position on the staff will be filled by Miss Olive Allison, Napanee.

Miss Jean Mathewson, graduate of Winnipeg General Hospital, has resigned her position of Superintendent of the Royal Inland Hospital, Kamloops. She has been succeeded by Miss Barker, graduate G.H., Calgary, and formerly surgical nurse in the Royal Columbia Hospital, New Westminster.

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Miss Walls, Victorian Order, has been engaged by the McKellar Hospital, Fort William, to train the nurses of the school in district nursing.

The Dauphin Ladies' Hospital Aid Society have donated a handsome dinner set to the Nurses' Home, and six screens for use in the wards; both the dishes and screens were much needed. The Dauphin ladies have done a great deal for the hospital and their efforts are much appreciated.

At the St. Vincent de Paul Hospital, on July 9th, twelve Sisters received diplomas, eleven of them remaining in the Institution to carry on the work. Dr. Jackson gave an excellent address and His Grace Archbishop Gauthier took part in the exercises. The new session of the Training School began on October 15th.

Mr. and Mrs. John McCallum, who were recently married in Ireland, are at present visiting friends in Ontario. They will shortly return to Dauphin, Man., and will reside on Mr. McCallum's ranch, near the town. Mrs. McCallum is a graduate of the Toronto General Hospital, and until shortly before her marriage was matron of the Dauphin General Hospital.

The typhoid season in Winnipeg has not been as severe as usual, but the country districts and small towns and villages have been badly afflicted, more especially owing to the large number of railway construction camps all through the west. In consequence Winnipeg has been called on to supply nurses all through the West and at present there are forty-two nurses out in the country

The Ladies' Hospital Aid has taken up the much-discussed question of a Convalescent Home. The latter is felt to be badly needed, especially in Winnipeg, where there are so many emigrants and transients that patients are often turned out of the hospital too early after convalescence begins in order to make room for more serious cases, as they have only boarding-houses and hotels to go to, a remedy had to be found. The Ladies' Aid had entered into negotiations for a suitable house with grounds and hope to have it open early next month. Miss Allward to be matron.

The Portage la Prairie Hospital is one of the best equipped, although not the largest, in Western Canada. The first steps towards founding the hospital were taken in 1896, when incorporation was secured from the Manitoba legislation, under the name "The Portage la Prairie General Hospital." There was some delay in taking advantage of the Act of incorporation and it was not until 1898 that the hospital was opened in the old Central Judicial District Court House and gaol, which the Government of the day gave free of cost to the board, and which the board converted into a neat and up-to-date hospital. The whole interior of the building was remodelled until nothing remained to remind one of the purpose for which the building had formerly been used. The new hospital was cosy, comfortable and homelike, and everyone thought

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it large enough to provide accommodation for quite a number of years, but people did not realize the manner in which their town was to grow and the popularity that their hospital was in a short time to attain. In a few years it became evident that additional accommodation was necessary, and in 1904 preparations were made for building a new wing practically as large as the hospital itself. This was completed during the present year and opened in April last. The enlarged building has been excellently laid out, and everything about the hospital presents the air of neatness, comfort and cheerfulness so necessary in the treatment of the sick. Evidence is seen on every hand of the care that has been taken in the re-arranging of the building. The first floor of the old wing, as it is called, contains the entrance, the office, the apartments of the Lady Superintendent, quarters for the junior and senior nurses, nurses' dining and sitting rooms, servants' quarters, kitchen, etc. The second floor of this wing is devoted to medical cases; the second floor of the new wing is used for surgical cases. Here is also the operating room, an exceptionally well-lighted and equipped room, and off it the usual anaesthetic and antiseptic rooms. The lower floor of the new wing has been set apart for maternity cases. The new wing has been furnished by the Ladies' Aid, assisted by a number of friends of the institution. There is now in the hospital accommodation for 42 patients, and the staff consists of the Lady Superintendent, Head Nurse, and ten nurses and probationers. Of the building it may be said that it is of white brick, massive in appearance and placed in the centre of large grounds. Since it was opened the hospital has met with almost phenomenal success. The Training School was opened in 1900, with two probationers, under the management of Miss Fahrer, the present Superintendent, a graduate herself of Nicholls' Hospital, Peterboro. Miss Fahrer designed the medals and diplomas given to the graduates of the Portage la Prairie General Hospital, of whom there are nine: 1903, Miss Jessie Macdonald, Winnipeg; Miss Emily McCauley, Portage la Prairie. 1904, Miss Mary Haching, British Columbia; Miss May Garrioch, Winnipeg. 1905, Miss Edith Beers, Carberry, Man.; Miss Ethel Chambers, Vancouver; Miss Nellie Thompson, Portage la Prairie. 1906, Miss Eva Blackburn, Portage la Prairie; Miss Edith Hughes, Portage la Prairie.

Montreal News Items.

Miss Florence Andrews, graduate of the M.G.H., 1899, has gone to reside in Winnipeg.

Miss Montgomery, Superintendent of the Alexandria Hospital, Montreal, spent her holidays in Toronto.

Miss Tedford, of the Montreal General Hospital, has returned after a most enjoyable trip to England and Paris.

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Among other special advantages offered are laboratory instruction in bacteriology and chemistry, the use of the microscope, urinary analysis, practical course in cookery and dietetics, medical gymnastics, swimming, anthropometry and open air methods.

Applicants received whenever vacancies. A special course of six months' instruction in hydrotherapy, massage, manual Swedish movements and other physiologic methods is offered to graduate nurses.

MRS. MARY S. FOY, Superintendent

THE marriage of Miss Jessie Helen Sharpe, graduate M.G.H., Class 1897, to Mr. George C. Weles took place in Montreal on October 14th, 1906.

THE marriage of Miss Ann Malloch, M.G.H., '05, daughter of the late Dr. Malloch, of Ottawa, to H. S. Grindley, Esq., Montreal, took place in Ottawa on August 27th.

MISS F. M. SHAW, who has taken a course at Columbia University Teachers' College, N.Y., has returned to the Montreal General Hospital as Instructress to the Nurses.

MISS HODGINS, M.G.H. '03, has resigned her position as Assistant Superintendent of the Jeffrey Hale Hospital, Quebec. Miss Mary Shaw, M.G.H., '05, has accepted the position.

MISS LINDA RICHARDS (Michigan Asylum for Insane) addressed a large and enthusiastic meeting of the Wayne Co. G. N. A. recently.

WE are sorry to hear that Miss Katie Brock (M.G.H., '05), Night Superintendent at the Polyclinic Hospital, Philadelphia, is laid up with typhoid fever. Her sister, Miss Maud Brock, has gone to Philadelphia to be with her.

THE marriage of Miss Marion Travers, graduate M.G.H., Class '04, and second daughter of J. B. Travers, Esq., of Shingawak, P. Que., to Charles M. Mearns, Esq., of Montreal, took place in August in St. Paul's Church, Shingawak.

THE Samaritan Hospital for Women, of Montreal, has issued a very interesting Report. During the year there were admitted 146 women, 118 surgical patients and 28 medical patients. The Lady Superintendent of Nurses is Miss Leslie, and the hospital is now at 394 Dorchester St. West.

MISS ETHEL BAILEY (Women's Hospital, Montreal), has been appointed Assistant at Dr. Barber's Sanitarium, Charleston, W. Va. Miss Bailey and Mrs. Steele (Superintendent of Dr. Barber's Hospital) are both graduates of the Pennsylvania Orthopædic Institute, Philadelphia. Five other Canadian nurses took the summer course at the same institution.

A VERY successful tea was held at the Montreal General Hospital Graduate Nurses' Club, Park Avenue, on Wednesday afternoon, October 10th, when the club members were at home to the graduates of the Royal Victoria and General Hospitals and the Superintendents of the Montreal Maternity Western General and Homeopathic Hospitals. Owing to the unavoidable absence of Miss Livingston, the Honorary President, Miss F. M. Shaw, Vice-President, received. The rooms were prettily decorated with red roses and red and white carnations. Among those present were the Misses Henderson, Lewis, Pentland, Aitkin, Shaw, Dodd, Tedford. Young, M. V. Young, Baikie, Bulloch, Beattie, Hunter, Pomeroy, Smardon, Parker, Dawson, Kingnan, Mrs. Stanley, Mrs. Grindley and many others.

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THE new Mackenzie memorial wing of the Jeffrey Hale Hospital, Quebec, founded by the bequest of the late Elizabeth Mackenzie, wife of Lieut.-Col. J. S. Turnbull, was officially opened on September 24th in the presence of the ministers and a large representation of the various Protestant Churches of Quebec. The new wing cost $100,000. Besides being a school for trained nurses, it is divided into three special departments, one for incurable males, one for incurable female patients, and one as a maternity hospital. All three floors are well laid out in wards and private rooms and are well furnished. The apartments for the nurses are separate, reached by a staircase from the ground floor. There are twenty bedrooms, a parlor, dining room, etc., handsomely furnished. The occasion was a delightful one. A beautiful memorial window to Mrs. Turnbull was much admired.

THE members of the Alumnæ Association of the Royal Victoria Hospital held their annual meeting Oct. 10th., 1906. The interest in the Association has been maintained. Miss Gilmour, the President, addressed the meeting and reports were read by the officers. The practical interest in this Association shown by the doctors and friends of the hospital during the past year was much appreciated by the nurses. In the death of Dr. James Stewart the nurses felt that they had lost a friend who could not be replaced. It was resolved that a letter expressing sympathy be sent to the sorrowing relatives. Miss Gilmour, our much esteemed President, was unanimously re-elected. Officers for the ensuing year: Honorary Presidents, Miss Draper, Mrs. Hunt, Miss Henderson; President, Miss Gilmour; 1st Vice-President, Miss Grant; 2nd Vice-President, Miss Lewis; Treasurer, Miss Hall; Secretary, Miss Corneil; Cor. Secretary, Miss Cooper; Executive Committee, Misses Freeland, Anton, MacIntosh, Horsey and Beatty. Miss Henderson entertained the members in her rooms after the meeting.

The Catholic Nurses' Magazine, in its dainty blue cover, and with its true motto—*Amare et Servire*—is now a welcome quarterly visitor to us.

THE November number of *The Quarterly*, of the Illinois State Association of Graduate Nurses, is very attractive in its cover of blue and white. There are three special departments—Philanthropy, Domestic Science, and the Department of the Visiting Nurse and the White Plague. The articles are all interesting.

The Queen's Nurses' Magazine, which appears three times in a year (and only costs 1s. 3d. a year), is one of the best nursing journals in the world. The frontispiece in the last number is charming, showing an old-style nurse and a new, side by side. Two of the best articles are on "Opsonins" and "School Nurses" respectively.

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The Nurse's Library.

We are indebted to Mr. Axel C .Hallbeck for a reprint of his valuable article on *The Physiological Effects of Massage*. Mr. Hallbeck is well qualified to write on this subject, as he holds the qualifications of a masseur from the Royal Swedish Board of Medicine.

As usual there are many good things in the October *Delineator*. Ever so many fine fashions, with plates, a pretty story by the Countess von Arnhim (author of Elizabeth and her German Garden), serials, a tempting kitchen department and many other good things, including "The Art of Pleasing" are here.

The Health of the Nation is the name of a new periodical which is the official organ of a very important body, "The National League for Physical Education and Improvement." The first number is an excellent one, and we hope that the magazine will have great success. It is published at 49-50 Denison House, Vanstead Bridge Road, London.

Infant Mortality: A Social Problem. By George Newman, M.D., D.P.H., F.R.S.E. London: Mathuen & Co., 1906. 7/6.

Dr. Newman, the medical officer of Health for Finsbury, has made a special study of *the* problem of preventive medicine, viz.: Infant Mortality. The present volume, if we are not greatly mistaken, will be the standard work on the subject for many years to come. In arrangement, in completeness, in practical suggestions, and in thoughtful treatment of the whole subject, it surpasses any other work on the subject. The last three chapters, on preventive methods, are of especial value. We heartily commend it to our readers.

No Friend Like a Sister is the name of Rosa Nouchette Carey's new book. London and Toronto: MacMillan & Co.

Our readers will be interested to know that this "Sister" is a hospital nurse, who established an ideal nursing home.

Physical Efficiency. By James Cantlie, M.A., M.B., D.P.H. London and New York: G. P. Putnam's & Sons. 1906. 3|6.

Mr. Cantlie has produced an interesting and an important book. As Sir James Crichton-Browne says in the *Foreword*, it has a message for everybody. And besides, one cannot help reading it, for it is a delightful book. From the picture of little Prince Henry of Wales as frontispiece, from the words of a "Canadian comrade in arms," on p. 9, from the remarks about Australia, on p. 44, and

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from almost every other page radiate a human sympathy and a common sense rare enough. We have never seen better remarks about clothing and exercise.

Midwifery for Midwives. A. B. CALDER. London: Bailliere, Tindall & Cox. 1/6.

Dr. Calder's great experience in lecturing to nurses and his thorough knowledge of his subject are very apparent in this useful and practical pocket text-book, containing questions and answers on all the obstetric nurse's duties. It would be of great assistance in preparing for an examination.

ASK any woman of 55 whether she can do as much with money now as she could when she was 25. Her answer should convince Nurses that the earning years of life should be the saving years. Perhaps no financial institution has given so much thought to the subject of Women's Savings as has the Crown Bank of Canada. Every day there is the same maxim in the papers—"Save while you are able to earn!"—though twisted into different forms. This Bank has done everything it can think to induce women to look upon their earnings as seriously as men do upon theirs, has opened a special Women's Room at 34 King Street West, in order that Banking may be made easy for the uninitiated and comfortable for those who understand it; employs women officials and is training them to become expert Bankers, asks you personally to use this room and to deposit your earnings in the Savings Department connected with it

DR. De Soto and Dr. Crompton publish in the *Lancet-Clinic* an article on "Cough" and the remedies used for it in the Wayside Mission Hospital, Seattle, Washington. They say: "We are convinced that Glyco-Heroin (Smith) has no competitors in results, its action being almost specific."

INTERESTING FIGURES.—Within six months, from January 1 to June 30, 1906, three thousand and forty-one mechanical treatments, such as massage, gymnastics, electric and hydriatic treatments, were given at the Pennsylvania Orthopædic Institute and School of Mechano-Therapy (Inc.), 1711 Green Street, Philadelphia. As all the patients reporting at this institution have to bring an order for treatment by their attending physician, this shows how mechanical treatments grow in favor with the medical profession. It further proves the extensive experience the students get who study mechano-therapy at such an institution. Winter classes open Jan. 15, 1907.

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